

## Abstract of the Disclosure

This disclosure describes an absorbent article, preferably a diaper, having improved stretchability. Specifically, a portion of the waist region of the absorbent article that contains a connection mechanism is stretched by applying a predetermined force to the waist region and connection mechanism. The waist region stretches more than about 125% of its original width when an 800 gram force is applied, and the connection mechanism stretches by more than about 200% of its original width, when an 800 gram force is applied. The absorbent article has improved flexibility and is capable of fitting a variety of wearer sizes.